



Coping With Stress

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STRESS

Stress
is a
normal
part of life



STRESS

- Good Stress
- Bad Stress
- Stress & Change

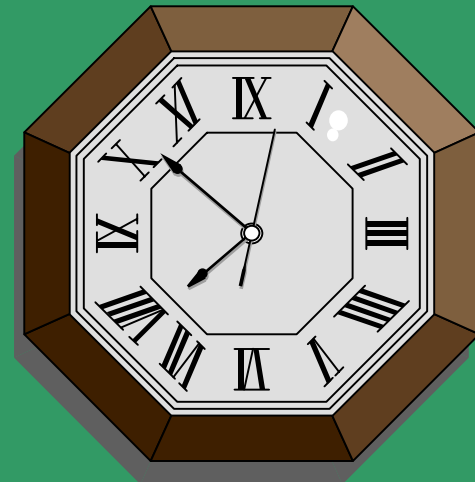


Stress is the spice of life....
Who would enjoy a life of no
runs, no hits and no errors?

Hans Selye, M.D.

STRESSORS

- Daily Hassles
- Life Events
- Time



Factors Affecting Stress

- Perspective
- Beliefs
- Coping



Coping with Stress

- Old coping skills
- Assess your attitude
- Worrying



“I have known a great many
troubles...

but most of them never
happened.”

Mark Twain

COPING SKILLS

- Fly Away!
- Reinterpret



COPING SKILLS

- Positive Self Talk
- Pick your battles
- Relax

Coping

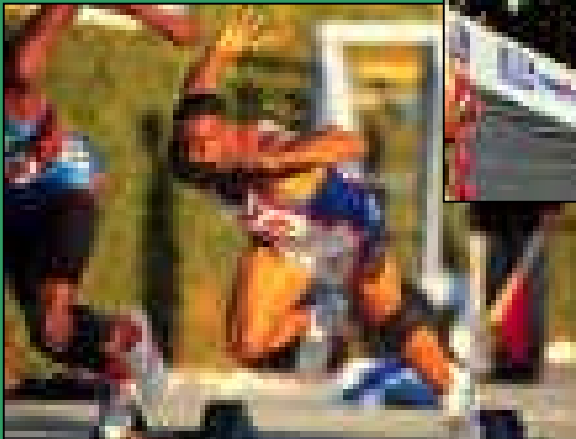
Skills

Relax



- Exercise

- Humor



“The difference between a really good day and a really awful day is not found in what happened but in what you tell yourself about that day”

Thomas Whiteman, Sam Verghese &
Randy Peterson

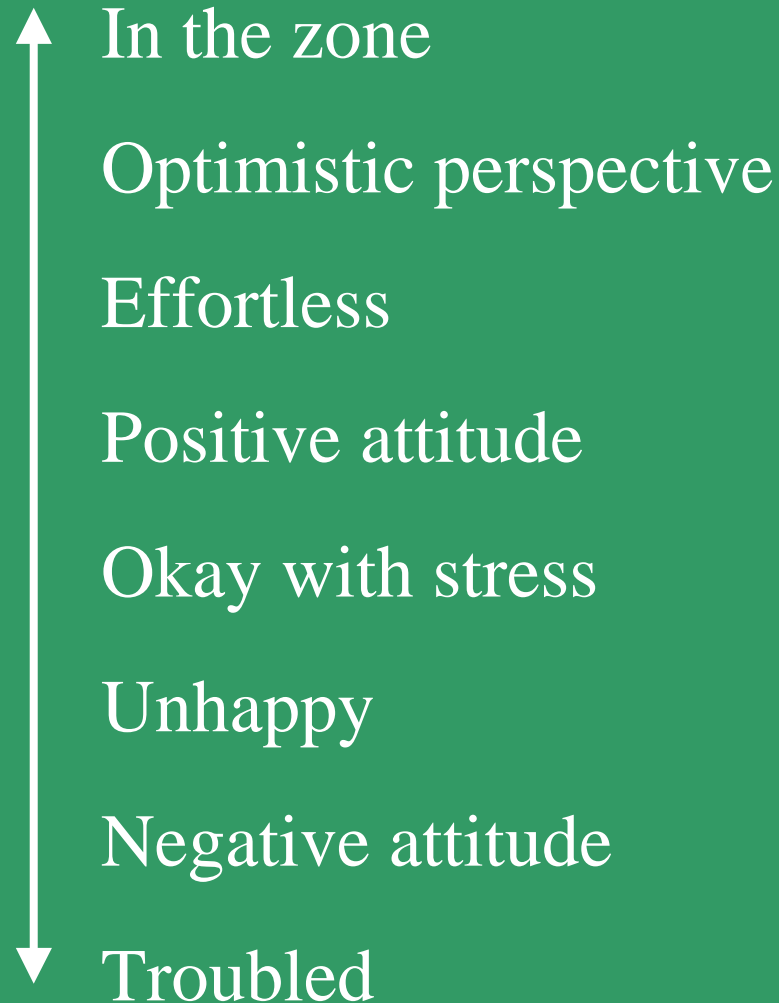
Coping Choices

- Options are endless!
- One size doesn't always fit!
- Strategies need to be revised!

“We can control our
reactions and responses to
stress. How we cope with
stress is up to us”

Jeff Davidson

Stress Continuum



- Summary -

Coping with Stress

- Takes practice
- Prevention is more effective than reaction
- Learn new skills
- Plan

Stress Resources

- Family Service Center
- Mental Health
- Chaplains
- Health Promotion Program

Thanks to the reviewers and contributors of this presentation!

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